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SHOCK OVER BOAT DEATH

By Emma Harrison

THE brother of a man, who died in his canal boat along with his dog, fears that carbon monoxide may have killed him.

Shaun Mason paid tribute to his brother Ian Mason – known to friends as Spike – and warned of the importance of having a carbon monoxide alarm.

Spike, 63, was found dead, along with his Staffordshire Bull Terrier, Milly, last Thursday at about 1.30pm. His neighbours had raised the alarm.

South Central Ambulance Service and Oxfordshire Fire and Rescue Service attended.

Police are treating the death as unexplained, but say it is not suspicious. An inquest has yet to be opened.

Dad-of-four Mr Mason, himself a boater in the Banbury area, said: "He was a character. Larger than life.

"He was the boy about town when he was younger. But he loved living on the canal and he loved the community.

"He loved the summer and hated the winter.

Brother's warning over dangers of carbon monoxide poisoning

"He was well respected. Some say a loveable rogue."

The 51-year-old added: "I don't think there was adequate ventilation on his boat.

"A carbon monoxide alarm is essential, absolutely. And they are cheap to get.

"Go and get one – this type of incident happens too easily."

Mr Mason said that the post-mortem examination had been inconclusive, so he did not know for sure if his brother had died from carbon monoxide poisoning.

He said Spike, a retired welder who was originally from East London, had had the boat for about five years.

He added: "He had more pleasure in the last five years than the previous 20. He felt part of the canal community.

"It is a tribute to boaters – the community they have here is phenomenal."

Boaters on the Oxford Canal in Tramway Road, Banbury, where Spike's boat was

moored, also paid tribute to Spike and his dog, Milly.

Neighbour Wendy Cairns said: "He is going to be really missed. It was a great shock. He was a smashing guy."

Chris and Joy Wren, who live on a neighbouring boat, raised the alarm last Thursday when they looked through his window and saw Spike slumped in his chair.

Mr Wren said: "Those who knew Spike and Milly regarded them with great affection. Spike was always ready with a cheery wave, smile and chat as people passed by. He was also only too willing to give help when needed."

Watch manager John Callaway from the fire and rescue service said: "Although the cause of this tragic incident has yet to be determined and is an ongoing investigation by the police, there are a number of appliances common to both boats and caravans (as well as houses) that have the ability to produce toxic fumes.

"It is our advice that all such equipment is professionally installed by a qualified technician and serviced regularly in accordance with the manufacturer's instructions.

"We also recommend that both smoke and carbon monoxide alarms are fitted and tested weekly."



The canal boat, on which Ian Mason and his dog were found dead

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Keeping listeners 'a-moosed'



Sir Patrick Stewart

SIR Patrick Stewart has appeared on American radio show *How To Do Everything* to explain how to moo like an English cow to a listener.

The actor, who lives in Little Tew, told hosts Mike Danforth and Ian Chillag: "In England we are dominated by social status and location.

"A cow in the field next to my house in Oxfordshire would moo in one kind of way, and a cow in a field in the town I grew up in – in the North of England – would moo in another kind of way.

"If I walked down my lane and there were all these cows and I say, 'Hi, good morning, cows, they would moo at me like this: 'Mooooooooouhh.'

"That's a very conservative moo."

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Midwife delivers county's first

The best New Year present

THE first Oxfordshire baby to be welcomed into 2014 belonged to Banbury couple Rumbi Mazhandu and Douglas Manga.

Their daughter, Eden, was born at 2am, a week earlier than expected. She was one of nine born at the John Radcliffe on New Year's Day.

And it was a chance for Ms Mazhandu, a midwife at Banbury's Horton General Hospital, to see things from a different perspective.

Eden is the couple's second child, who also have a six-year-old daughter, Kayla.

By Tom Burrows

Ms Mazhandu, who lives in Brunswick Place, Banbury, said: "I didn't enjoy New Year's Eve, but now I have got a gift. It's the best present ever.

"It's a special day and she will always have a party. I wasn't so keen on Christmas, so I'm pleased it's New Year's Day."

On being a midwife, she said: "It's lovely and it's nice to be part of someone else's experience. The care here has been exceptional."



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■ Greenpeace campaigner spent 100 days in Russia after arrest

Activist tells of relief to be back at home

FOR 100 days he was apart from his loved ones, and spent Christmas Day separated from his family.

But Greenpeace activist Phil Ball has welcomed in the New Year with his nearest and dearest after being released from a Russian prison.

The 42-year-old, from Milton-under-Wychwood, was one of Greenpeace's 'Arctic 30', held prisoner by the Russian authorities after trying to board a Russian oil platform to protest about drilling in the Arctic.

He spent two months in a Russian cell after being charged with piracy in September before being freed to await his court hearing, staying in a St Petersburg hotel.

After 100 days in Russia, he was finally reunited with his family after being granted an amnesty.

He was met by brother Steve at London's St Pancras railway station on December 27.

He was greeted by his mother, Ruth, at Charlbury train station, before an emotional reunion at midnight with his partner and three children, two boys aged nine and seven and a daughter aged three, who Mr Ball wishes to remain unnamed.

Mr Ball said: "It has been an emotional time for everybody at home but it's great to be able to get back to normal.

"The kids were really excited too.

"It wasn't tearful. It was just great to be with them again and give them a big hug."

He said he was still drained from his tough ordeal in a Russian cell, which he described as a "horrible place".

By Tom Burrows

The Arctic 30 were detained in the Russian port of Murmansk and questioned before being transferred to a St Petersburg prison in November.

They were released on bail about 10 days later.

Mr Ball said he feared the worst as he potentially faced 15 years in a Russian cell, and said he could only relax once he had been given an amnesty.

But he said the support from family and friends kept him going and he was now more committed than ever to carrying on campaigning.

He said: "I am more determined than before to

try to make a change. I will continue to campaign on the subject of drilling in the Arctic.

"But I won't be climbing an oil rig in Russia again. I don't want to go back to Russia again."

Mr Ball, who is a freelance cameraman, said he had learnt a great deal about himself during the experience.

Brother Steve, 44, from Enstone, said: "Obviously it was a relief. We applauded the activists as they came in.

"I let him have a chat with the press and then when no-one was watching I went round and we hugged.

"I was just really pleased he was safe."

Greenpeace campaigner Phil Ball, relieved to be home, gives a big hug to his children

OX64423



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Man assaulted in the street in morning attack

A MAN was chased down a residential street and punched in the face on New Year's Day.

The 24-year-old victim was walking in West Street, Banbury, in the direction of Middleton Road at about 8.15am when he was chased by another man.

The victim fell over, after which the offender, who had glass in his hand, punched him in the face several times.

He was treated for cuts and a puncture wound to his face at the town's Horton General Hospital.

The offender was white, about 6ft tall, with light mousey-coloured hair, clean shaven and about 18. He was wearing a tracksuit and dark jacket.

Investigating officer PC Matthew Oaten said: "The incident occurred in a residential street, so I would appeal to anyone who may have witnessed the assault to contact police."

If you have any information about the incident call PC Oaten via the Thames Valley Police Enquiry Centre on 101 or call Crimestoppers anonymously on 0800 555.

A new look at protecting the court witnesses

VULNERABLE sex crime victims could get better protection when questioned in court under plans drawn up following the Oxford grooming gang trial.

The Operation Bullfinch case saw six vulnerable young women give evidence against their abusers at the Old Bailey last year.

The witnesses often broke down in tears during questioning by defence barristers and the case led to calls for pre-recorded cross-examinations and barristers to undergo compulsory training.

Now former chief prosecutor Keir Starmer has said he would advise Labour on introducing legislation, should the party win power in 2015, to give greater protections to vulnerable witnesses in court.

Mr Starmer, director of public prosecutions last year, will also look at making it a legal obligation for the police and prosecutors to keep crime victims informed about the progress of investigations.

He said: "Victims are entitled to have their rights clearly set out and enforced by a victims' law. This is a golden opportunity to recast the criminal justice system as a criminal justice service fit for victims."

InBRIEF

Boy, 13, punched in face by two robbers

■ A THIRTEEN-year-old boy suffered facial injuries after he was punched by two hooded robbers who stole his wallet. The victim and a 12-year-old boy were robbed in the Hillview recreation ground, Banbury, last Thursday at about 8.45pm. Police described one robber as white, aged between 16 and 18, and said he was wearing a dark hooded top and dark trousers. They described the other as mixed race and said he was also wearing a dark hooded top. The victim was treated at the Horton Hospital and released the next day.

Charity giveaways

■ TWO North Oxfordshire charities will benefit from grants from The Cadbury Foundation. Two employees at Banbury's Mondelez International – whose portfolio includes the chocolate giant – got £5,000 each. Electrical maintenance co-ordinator Kevin Booth chose Adderbury's Katharine House Hospice. Technologist Rachel Steiger gave the cash to Let's Play, which provides play and leisure opportunities for disabled young people aged five to 18.

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Lily writes song about local party with Cameron and the Murdochs

LILY Allen's new album features a song called *Chipping Norton*.

The singer said the track was about a party held in Burford Priory, Burford, in 2011 by Rupert Murdoch's daughter Elisabeth and her PR tycoon husband Matthew Freud. It was attended by the political and media elite including some of the so-called 'Chipping Norton set,' Prime Minister and Witney MP



David Cameron, and former newspaper boss Rebekah Brooks, just hours before the phone hacking scandal was revealed.

She said: "The song is about that party and our relationship with the people that print our newspapers."

Lily Allen, pictured, is yet to announce the full details of her third album, which is due to be released later this year.

Woman's alcohol-free charity plan

AS MANY people start the New Year with resolutions, some are going teetotal for the first month of 2014.

Mariana Morris has signed up to do a sponsored 'Dryathlon' for Cancer Research UK.

Ms Morris, 30, took part last year and felt so much better for it she is doing it again. She hopes to rope in 25 colleagues to swap Tia Maria for tea to raise money for Cancer Research.

Ms Morris said: "I thought I probably drank too much and anything which would encourage me to reduce the amount was worth trying."

Dryathletes pledge to stop drinking for a month and get sponsored to do so or donate money they would have spent on alcohol to Cancer Research. County council leader Ian Hudspeth was also going "on the

wagon". Dryathletes can register as individuals or set up a team and get their friends, family and colleagues involved to motivate each other along the way.

A spokesman for the Royal College of Physicians (RCP) said: "Not consuming alcohol for a month could help you lose weight, save money, and sleep better, and hopefully those taking part in Dry January will drink less frequently throughout the rest of the year."

"Alcohol can be safe in small amounts if we allow our bodies time to recover."



Mariana Morris, front, with, rear from left, Jo Lankester, Ed Lucas, Ben Foxall and Holly Davis OX64211

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■ Minibus overturned injuring two

Driver jailed for sleeping at the wheel

A DRIVER who fell asleep at the wheel of a minibus which then overturned on the M40 has been jailed for seven months.

Some 15 passengers were on the bus when it overturned near Banbury on June 9, 2012, seriously injuring two.

Mark Nicholson, 35, was driving from Wigan, Lancashire to an event at Portland Sailing Village, Weymouth, Dorset.

He set off at 11.15am and, after stopping in Birmingham, the collision happened at 3.15pm between junctions 12 and 11.

The bus was in the middle lane and swerved into the outer lane near the central reservation and a passenger grabbed the steering wheel, said Robert Spencer-Bernard, prosecuting.

Nicholson attempted to bring the vehicle under control, he said, but it swerved back and forth and toppled over.

At Oxford Crown Court last Thursday Judge Patrick Eccles jailed Nicholson and banned him from driving for three years.

By Damian Fantato

He said: "This was caused by a serious loss of concentration on your part where almost certainly you fell asleep."

"But for the intervention of a passenger the vehicle would almost certainly have collided with the central reservation and the consequences could have been just as serious or more so."

"The culpability is relatively high but not at the highest level. I am perfectly satisfied that this is so serious as to justify a sentence of imprisonment."

Nicholson, of Abbey Hills Road, Oldham, Greater Manchester, pleaded guilty to driving without a licence and without insurance. The security guard falsely believed he was licensed to drive the bus, said Abdul Gofur, defending.

He said Nicholson was a man of previous good character with a clean licence and was "genuinely remorseful".

Ward charts go hi-tech

Digital era comes to hospital beds

By Oliver Evans

BEDSIDE charts are to be replaced by computer tablets such as iPads at county NHS hospitals in a move towards a digital era.

Hospital bosses said the scheme – to be rolled out with up to 500 tablet devices throughout the year – will save time and improve safety.

Doctors and nurses currently use paper charts to record and assess vital signs like heart rate and blood pressure. If they need advice from a doctor, the chart has to be taken to them or consultants have to visit the ward. But under the scheme – devised with Oxford University – staff will input data that can be read at another iPad or tablet via a staff wi-fi network.

The computer programme will also calculate a score based on the vital signs, a process previously done manually.

These are then compared to records of similar patients' vital signs to help medics better predict when someone is deteriorating.

Banbury's Horton General Hospital and the Oxford's John Radcliffe Hospital, the Churchill Hospital, Nuffield Orthopaedic Centre will get the tablets.

They are currently going through final trials at the Churchill's haematology, oncology and Geoffrey Harris (respiratory, diabetes and endocrinology) wards, but £550,000 granted to the trust from the Department for Health's £260m Safer Wards NHS Technology Fund, will allow the scheme to be rolled out across all adult wards across the trust.

Dr Peter Watkinson – who helped devise the scheme said: "Doctors can be immediately aware of the data instead of the patients being hidden by being on paper



in a ward. You are trying to prevent patients from deteriorating badly by picking things up early, such as a cardiac arrest that could be avoided."

Under the paper system, time gaps were "very variable", stretching from hours to minutes, said Dr Watkinson, a clinical researcher in critical care.

Already some 3.8 million patient records are stored at hospitals and a storage facility at Upper Heyford, near Bicester.

He said: "If you look at how a hospital works at night, one doctor will be looking after several wards.

"A nurse will want to ring up a doctor to say 'I am concerned about this patient'. They can now have both a conversation whereas previously the chart was on the ward."

Electronically linking vital signs to other records will show which patients are among the "most abnormal", he said.

"Other patients in a similar situation are the best model to show when you are falling out of the normal area for that group of patients."

Vital signs include temperature, respiration rate and the level of oxygen being received.

Research assistant and A&E nurse Julia Knight said: "Bits of paper would go missing and charts would go somewhere else. It means more time at the patients' bedside.

"Previously you had a paper chart and you are trying to get someone to review the patient and it is only in one place that is difficult for people in different areas."

University Professor of Electrical Engineering Lionel Tarassenko, who has led the project, said: "The new system will help nurses, who work in busy environments, care for patients more efficiently.

"The traditional chart-based method of recording data is susceptible to errors in recording and analysis of vital signs."

He said it is a major step towards the "digital hospital" in which all sources of patient information are linked.

He added: "This can only have a positive impact on patient safety."

Major development costs have been saved by Oxford University Hospitals Trust – which runs the sites – working with the university.

Another idea involves cutting prescription filling times by letting doctors write a prescription at the bedside to be automatically processed by a 'pharmacy robot'.

This means that when a doctor prescribes medicine, it will be prepared, packed and dispatched automatically by the robot.

PICTURED are: consultant intensive care physician Dr Peter Watkinson, nurse Julia Knight, human factors scientist Dr Lauren Morgman, director of IT John Smith, chief clinical information officer Dr Paul Altman, and Prof Lionel Tarassenko, professor of electrical engineering

OX64145

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It's been a crazy few months for Cloudy2Clear Windows. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has grown rapidly as homeowners take advantage of their services.

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that obviously helps. Many tradespeople have struggled since last year and I honestly feel that during the good times a minority perhaps didn't focus on customer care as much as they should have done. We make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle. I often get comments back from customers on how they really didn't expect that sort of service which, in a way, is very sad for the service industry as a whole."

Cloudy2Clear service the Oxford, Banbury & Abingdon areas and Trevor is finding that his approach is a major factor

in his success. "The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show

how much a little bit of effort is appreciated."

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■ Clinical care chiefs looking at ways of getting more over-40s to take up offer

More than half missing out on health checks

GP PRACTICES should be given more money to encourage people to have regular health checks, it has been proposed.

Oxfordshire's health improvement board is investigating ways to improve take-up of health checks offered by GPs to vulnerable people.

It comes after it was revealed a target of 65 per cent attendance of health checks in the county was missed in the first two quarters of the current financial year.

Between April and June, 4,165 (41.9 per cent) of the 9,938 people invited to health checks turned up to appointments. Only 9,351 people of 19,557 (46 per cent) turned out between July and September.

At the moment, practices get paid £2 for every invitation they send out and £15 for every health check carried out.

Health checks are offered to all adults in England aged 40-74, who haven't already been diagnosed with vascular diseases or have risk factors such as high blood pressure, every five years.

The Oxfordshire board, a group of councillors and officers from all six councils in the county, has called for changes to prompt an improvement in the number of people having health checks.

Board member and South Oxfordshire district councillor Anna Badcock said many practices were not reminding their patients about health checks.

She said she had received an invitation in the post and decided to wait to see how long it would take her

By Freddie Whittaker

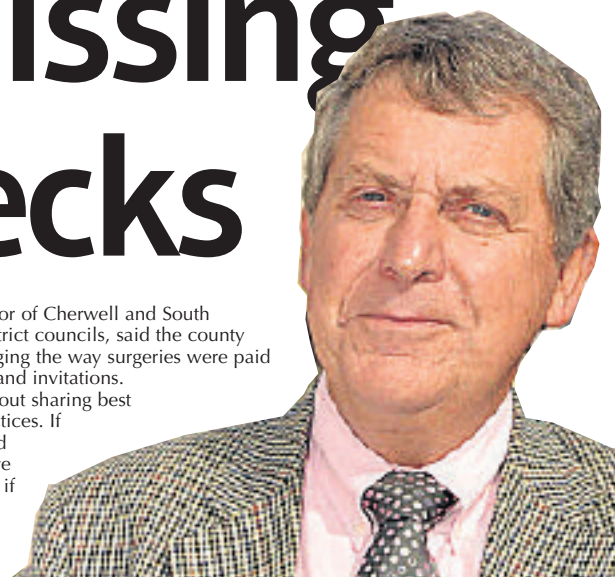
practice to follow it up, but did not hear anything for six months.

Board chairman Mark Booty, pictured right, said better use of new technologies – such as text messaging – could be used to remind people. He said: "Throwing money at GPs won't solve the problem. They did not train to run marketing campaigns."

He suggested the Oxfordshire Clinical Commissioning Group had more resources and skills to run such campaigns.

Ian Davies, a director of Cherwell and South Northamptonshire district councils, said the county should consider changing the way surgeries were paid for the health checks and invitations.

He said: "This is about sharing best practice between practices. If there is a financial and health benefit, we have got to get smarter and if that can be improved by financial incentive then that is what we have to do."



Scientists pioneer shoulder injury treatment

AN INNOVATIVE patch has been developed by Oxford scientists to repair shoulder tissue.

The protective patch, which wraps around soft tissue repairs, will be used by surgeons to repair torn tendon tissue. Patient trials are expected to begin this year.

It promotes faster healing in the rotator cuff – the muscles and

tendons which control movement of the shoulder.

And the material degrades and is absorbed by the body after three to six months.

Andy Carr, an Oxford University Hospitals surgeon and Nuffield Professor of Orthopaedic Surgery at the University of Oxford, led the development of the patch.

He said: "Around a third of the population will suffer from shoulder pain due to tendon disease at some time in their life, making it the third most common musculoskeletal complaint.

"This type of injury will not kill you but it can seriously affect your quality of life."

If successful it could be adapted

for use in other tissue repair operations, such as heart surgery.

The project is between the University of Oxford and Oxford University Hospitals NHS Trust, and funded by the National Institute for Health Research, Oxford Biomedical Research Unit and the Medical Research Council.

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InBRIEF**Drug dealer is sent to prison**

■ A MAN has been jailed for three years and six months for drugs offences. Christopher Klimek, 32, of Portway, Banbury, was sentenced on December 19 at Oxford Crown Court, but Thames Valley Police has only just released the details. He was found guilty after a trial in November of two counts of possession of cocaine with intent to supply. PC Richie Iwanoff, of Cherwell Local CID, said: "This sentence sends out the message that drug dealing will not be tolerated by the criminal justice system and the courts. Those convicted of Class-A supplying offences should expect to receive a custodial sentence."

House burgled

■ LAPTOPS and a games console were stolen during a burglary in Banbury between 2pm on December 24 and 11.20am on December 26. Offenders gained entry to a property in Webb Close, Manor Fields, by removing a pane of glass from the front door. Once inside the property, offenders stole a games console and controllers, a white Samsung laptop, a white Acer laptop and a black and grey Swiss rucksack. Anyone with any information can contact Thames Valley Police on 101 or call Crimestoppers anonymously on 0800 555111.

Figures reveal crimes committed in libraries

MAKING a noise in a library is frowned upon, but figures have revealed the traditionally quiet book rooms have been the scene of thefts, assaults and public order offences.

Police statistics show that more than 100 crimes have been committed in Oxfordshire's libraries in the past three years.

Incidents include a sex crime, a racially aggravated assault, and a case of outraging public decency.

But the most common crime is theft which made up 81 of the county's 106 library crimes between April 2010 and October 2013.

Oxford-based author Tim Pears said he was surprised by the figures and felt sorry for the librarians who had to deal

By Ben Wilkinson

with criminals. He said: "You don't think of libraries as the kind of places criminals hang out in, but maybe there is a more educated kind of criminal in Oxfordshire."

But he said: "If they are stealing the books that is terrible, that is a disgrace."

The author questioned whether the introduction of computers at libraries had attracted more criminals.

But he said it was important libraries remained open to the public, adding: "It is good a library is accessible to everybody otherwise it is going to lose its meaning."

"So it's the price you are going to

have to pay for having open access. The last thing you would want is security on the door."

The figures, released under the Freedom of Information Act, show there were 35 library crimes in 2010/11, 32 in 2011/12, and 23 in 2012/13.

But the fall appears to be reversing as from April to October last year there had been 16 crimes recorded.

Other crimes at our libraries include an incident of harassment and outraging public decency at the Oxford Central Library, a crime under the Computer Misuse Act in Oxford University's Sackler Library in St John Street, an assault at the historic Bodleian Library in Broad Street, and an attempted burglary at Bury Knowle Library.

Oxford Central Library has had the most crimes, with 47 incidents reported at its Westgate Centre site, run by Oxfordshire County Council.

County council spokesman Marcus Mabblerley reminded readers to look after their belongings in libraries – as they would anywhere else.



Author Tim Pears

WHAT AND WHERE

- 81 thefts across the libraries
- Computer misuse in April 2010 at Oxford University's Sackler Library
- Eight incidents of criminal damage
- Five assaults including one at

Summertown Library in September 2010 and one at Oxford Central Library in November 2012

- Theft of bike from Oxford Central Library in August last year



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NEW YEAR LAUNCH OF ROSEMARY CONLEY FOOD & FITNESS CLUBS!

For people wanting to be the proud owner of a wonderful new body, and for those wishing to lose weight, get fitter and increase their self-confidence, then help is at hand.

From 6th January, Madeline Withers will run 12 Rosemary Conley Food & Fitness clubs throughout the North Oxfordshire and South Warwickshire region with the aim of helping hundreds of members to slim down and shape up.

"I am so excited to be opening my classes in the local area," says Madeline, "Having lost over 4 stone myself at a Rosemary Conley class, I can empathise with my new members, and am really looking forward to helping them on their journey to lose weight and get fit. There will be a wide range of classes including Aerobics, Zumba, Kardy O Fun and Kardy O Fun Interval training, Boxcercise, Spirals and FitSteps".

"I am very lucky to have found a job that I really enjoy. My husband has been supportive along the way, including things like taking our dog Penni for walks when I was busy training! Penni is a rescue dog, and I do enjoy walking her myself as it burns a few more calories."

Says Rosemary Conley, "We believe our highly-successful Food & Fitness Clubs are second to none and Madeline has been carefully selected to represent Rosemary Conley Food & Fitness Clubs in the North Oxfordshire and South Warwickshire area. We are sure that Madeline will make a complete success of her new business. She has recently completed an intensive training programme and her enthusiasm and dedication will be of tremendous assistance to members."

"We believe that the support and encouragement that members receive in class plays a vital role towards their success in reaching their target weight. In fact, since we opened clubs in 1993, well over one-and-a-half million members have benefited from our winning formula for losing weight and getting fitter."

"Our members are always made to feel welcome and the atmosphere in class is friendly, fun and, above all, the expert Food advice, coupled with a safe exercise session, really works. Madeline is now fully qualified to teach exercise to music and she has been trained to adapt the sessions to suit any ability, so, even people who haven't exercised for a long time can join in."

The cost of joining a Rosemary Conley Food & Fitness Club is just £10 for a stylish and re-usable membership pack, which includes a pedometer, a copy of Rosemary Conley's updated Fat Attack Booster (F.A.B) Food, along with a set of Portion Pots®, an Introductory DVD explaining the F.A.B Food and a Rosemary Conley Magic Measure® which shows slimmers how many inches they lose as they progress on the Food.

Adds Rosemary: "In trials, slimmers lost an average of 7lbs in 14 days and if you stick to the F.A.B Food and exercise plan, you will be truly amazed at your rate of progress."

The weekly class fee costs £6.25 and members receive a consultation and weigh-in with Madeline, a 5-minute motivational and informative talk plus a 45-minute workout session.

Madeline Withers will run 12 weekly classes at various venues throughout North Oxfordshire and South Warwickshire. For more details, contact Madeline on 07506 356428, Madeline.Withers@rosemaryconleyclasses.com or visit the website at www.rosemaryconley.com.

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HEALTHIER
& HAPPIER
THAN I’VE
EVER BEEN’

"It's brilliant. You start with small steps, eating better and more healthily, getting a little bit fitter and a lot more energetic. I can't believe something this good for you is so much fun."

*Nina Williams-Kemp, fab at 42,
3st lighter, much, much happier*



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Warriner School, Bloxham, Banbury, OX15 4LJ
6:00 - 7:30 pm & 7:30 - 8:30 pm

TUESDAY
Hanwell Fields Community Centre
Rotary Way, Banbury, OX16 1ER
10:00 - 11:30 am

Hook Norton Primary school
Sibford Road, Hook Norton, Banbury, OX15 5JS
5:30 - 7:00 pm

TUESDAY
Long Compton Village Hall
Main Road, Long Compton, CV36 5LE
7:30 - 9:00 pm

WEDNESDAY
Woodgreen (inside leisure centre),
Park Road, Banbury, OX16 0HS
09:30 - 11:00 am

Hanwell Fields School
Rotary Way, Banbury, OX16 1SN
5:30 - 7:00 pm & 7:00 - 8:30 pm

THURSDAY
The Windmill Centre
1 Hempton Road, Deddington, Banbury, OX15 0QH
09:30 - 11:00 am

Shipston High School
Darlingscote Road, Shipston-on-Stour, CV36 4DY
5:30 - 7:00 pm & 7:00 - 8:30 pm

FRIDAY
Banbury Academy, Ruskin Road, Banbury, OX16 9HY
5:30 - 7:00 pm

**Call Madeline on
07506 356 428**

madeline.withers@rosemaryconleyclasses.com
www.rosemaryconley.com

*Terms and conditions apply.

New Members Only. Valid until 31/01/14.

Fighting county crime with your phone calls



Public calls to Crimestoppers, 1999-2013

% of total calls per year

99/00 00/01 01/02 02/03 03/04 04/05 05/06 06/07 07/08 08/09 09/10 10/11 11/12 12/13

Cherwell	52	62	86	75	70	122	114	83	69	77	150	191	270	291	9.4%
Oxford	80	79	179	148	135	170	181	123	120	124	243	254	266	262	8.5%
S Oxfordshire	33	52	51	63	92	91	79	71	51	59	91	108	0 *	0 *	0.0%
Vale Wh Horse	19	23	50	63	49	65	70	52	39	56	109	90	234	184	6.0%
W Oxfordshire	27	14	44	44	36	45	58	31	54	54	86	84	5	21	0.7%
Oxfordshire	211	230	410	393	382	493	502	360	333	370	679	727	775	758	24.6%
Total calls:															
Thames Valley	972	1,029	1,504	14,95	1,611	2,134	2,123	1,557	1,279	1,466	2,793	2,730	2,736	3,086	100.0%
Crimestoppers	-	-	-	-	-	-	-	-	-	-	-	-	95,276	99,696	

*South and Vale reported together from 2011. Source: Crimestoppers

By Ben Wilkinson

Crimestoppers charity in action for quarter century

A CRIME-FIGHTING charity is celebrating 25 years and increasing success in Oxfordshire.

Independent group Crimestoppers enables informants to make anonymous tip-offs relating to crimes without being traced.

Statistics from the charity show there were 758 calls from Oxfordshire in the last financial year – up 259 per cent on the 211 made in 1999/00.

The national charity was launched in 1988 and the Thames Valley branch opened in 1998.

One Oxford-based volunteer, who asked not to be named, said: "Like so many people, I want to give back to my community, which is why I volunteer."

"However, Crimestoppers is special because it enables ordinary members of the public to make their own communities safe, and not just be the victims or witnesses."

"People do not have to feel helpless, concerned that they will end up in court or exposed if they report what they know. It's a great service."

The volunteer of more than six years said she did everything from giving talks to fundraising.

Phil Gomm, pictured,

chairman of Thames Valley Crimestoppers, said the number of county crimes solved by Crimestoppers tip-offs were unknown because information given to police was never traced or followed up because of the charity's rules on keeping informants anonymous.

He said details from callers to the charity's London-based call centre were blocked

and deleted so volunteers did not know who had called and the service allowed witnesses to help solve crime without having to go to court.

He added: "Within Oxfordshire, Crimestoppers has developed a really good relationship with the public."

"More and more people have realised they can report crime anonymously to us and help solve it." Sara Thornton, Thames Valley Police chief constable, said the force received 3,086 pieces of "significant" information through the charity between April 2012 and May this year – an increase of 13 per cent on the previous year.

She said: "We understand that sometimes it is difficult for members of the public to contact us directly, whether through fear of being identified or a reluctance to speak to the police."

Anthony Stansfeld, Police and Crime Commissioner for Thames Valley, added: "Public engagement is key to effective crime reduction."

● Contact Crimestoppers on 0800 555 111 or see crimestoppers-uk.org



Don't miss school bus deadline

MEMBERS of the public have less than a week to have their say on home to school transport changes.

Oxfordshire County Council previously announced it was extending the deadline from December 15 to January 14.

It is the second time Oxfordshire County Council has tried to get the proposals off the ground, with the first consultation shelved earlier this year after the council realised that its consultation would not fit the original criteria set by Government.

Under the plans, which the council claims could save £2m, parents will be charged up to £584 a year for school bus services if they do not send their children to the nearest school.

There has so far been about 1,000 comments made as part of the consultation.

The council said longer consultation would give

officers more time to look at replies and build up a comprehensive picture.

Oxfordshire County Council leader Ian Hudspeth said: "From a practical perspective, it gives our officers more time to go through the responses and present the cabinet with a comprehensive picture of public opinion."

"I have taken part as a panellist at nine public meetings on this issue and there has certainly been lively debate."

"I would now urge anyone who has not yet submitted their views to visit our website."

A final decision is due to be made at a special cabinet meeting at a date to be announced.

Visit oxfordshire.gov.uk/htspconsultation. To request a paper copy of the consultation documents call 01865 815175.



Feeling unwell ? It does not have to be Accident & Emergency (A&E)



Oxfordshire Clinical Commissioning Group is making sure you have all the information you need to choose the right health services, first time should you become ill.

If you feel unwell then 'Choose well' for expert advice and help. Choose well means knowing about the different health services available and choosing the best one for your illness or injury.

A&E and 999 are for serious or critical conditions or life threatening emergencies only. There are many alternatives available.

Choosing well will help to ensure that the right NHS care is available when you need it.

By choosing well:

- You get the right care, first time
- You will often be treated more quickly than at A&E
- It helps free up the A & E to treat people with life threatening conditions.

There are lots of different ways people can access the right NHS service and make sure they get the right treatment, at the right time and a place that is convenient for them.

By choosing well you will get the right treatment and help busy NHS services care for the people who really need them.

1. Self-care — be prepared

Minor injuries units are as well as you can be, and protecting yourself from winter infections and viruses is important. To begin with, make sure you are prepared and your medicine cabinet is stocked up with:

- Paracetamol or ibuprofen for pain and/or fever in adults or children
- Anti-diarrhoeal medicine
- Rehydration mixture
- Plasters
- A thermometer

If you are unlucky enough to get a cough, cold or flu, buying over the counter medicine, staying at home and keeping warm will make you feel much better. Of course, if your symptoms worsen, you should seek a routine doctor's appointment or call NHS 111 for advice.

If you are pregnant, are aged over 65, or have a long term health condition (such as diabetes, asthma and a heart condition), you can get a free seasonal flu jab from your GP.

If you have a computer, the NHS Choices symptom checker can be very useful in helping you to manage any worrying symptoms.

There is a wide range of up-to-date health information on the NHS Choices website.

Please visit: <http://bit.ly/12kvV0>

2. Pharmacists

Pharmacists can offer a range of healthcare services; they provide additional services such as advice about minor illnesses (for example coughs, colds, diarrhoea and vomiting), advice on how to manage your medicines as well as ordering repeat prescriptions. Most pharmacists also offer private consulting rooms so you do not need to talk over the counter. People are urged to be aware of local pharmacy opening times and also to restock their winter medicine cabinet with remedies to treat common winter ailments.

3. NHS 111

If it is not a 999 emergency and you do not know who to call for medical help, perhaps because your GP surgery is closed, then you can call NHS 111 for advice. Calls from landlines and mobiles will be free.

4. Minor Injuries Units

Minor injuries units are for injuries, such as deep cuts, eye injuries, broken bones, severe sprains, minor head injury, minor burns and scalds. Many people go to A&E when they could be treated just as well and probably quicker at a minor injuries unit.

In A&E staff must give priority to serious and life-threatening conditions, so if you go there with a minor injury you may have to wait longer to be seen. It is better to go to a minor injuries unit if there is one locally.

You do not need an appointment to visit a minor injuries unit.

They are run by a team of highly qualified nurse practitioners with a lot of experience and expertise in the treatment of minor injuries. Minor injuries units can treat a wide variety of problems including cuts and grazes, sprains and strains, broken bones (fractures), bites and stings, minor eye infections and scratches or something stuck in your eye.

Your nearest minor injury unit is:

Abingdon
10.00 to 22.30hrs
Telephone: 01865 425161

Witney
10.00 to 22.30hrs
Telephone: 01608 648262

First Aid Units do not have X-Ray support
it is best to call prior to attending if you are concerned that an X-Ray may be required.

Bicester
This service is open weekdays, 6.00pm-11.00pm and 8.30am to 11.00pm for 604122
Tel: 01865 604122

(Please phone before attending.)

Chipping Norton
This service is open weekdays evenings 5.00pm-9.00pm and 10.00am to 5.00pm for weekends and bank holidays.
This is a drop-in service and you do not need to make an appointment.

Tel: 01608 648233

Wallingford
(Please phone before attending.)
This service is open Monday-Friday (excluding bank holidays) 8.30am to 6.30pm.
Tel: 01865 425200

5. Urgent dental services when your dentist is closed

For emergency advice or treatment please call: 0845 345 8995

● 6.30 pm to 9.30 pm, Monday to Thursday

● 6.30 pm to 10 pm on Fridays

● 9 am to 1 pm and 2 pm to 6 pm at weekends

● 9 am to 5 pm and 6 pm to 9 pm on bank holiday weekends and bank holidays

6. GP surgeries

GP surgeries provide a range of services by appointment, including medical advice, examinations and prescriptions and can give urgent advice between 0900 and 1830 Monday to Friday. Check with your GP practice directly for information.

7. GP out-of-hours

If you think that when your GP is closed, then call NHS111. The out-of-hours service provides urgent medical care from 6.30 pm to 8.00 am on weekdays and round the clock at weekends and bank holidays. Remember to call first before going to an urgent care centre as you will be given an appointment and will avoid an unnecessary wait.

Patients do not need to register for out-of-hours services.

8. A&E / 999

A&E departments should only be used in a critical or life threatening situation. A&E departments provide immediate emergency care for people who show the symptoms of serious illness or who are badly injured. Dialling 999 and stating that there is a medical emergency will result in an emergency response vehicle being sent to your location.

IN AN EMERGENCY PHONE 999 (e.g. serious injury, loss of consciousness, chest pain or suspected stroke)

Your checklist

- ✓ Have you got your repeat prescriptions to cover you during holiday periods?
- ✓ Do you have a well-stocked medicine cabinet? (Please keep medicines out of reach from children)
- ✓ Have you had your seasonal flu jab?
- ✓ Do you have a thermometer?
- ✓ Do you know the opening hours of your GP practice and pharmacy?

Where to get further information: NHS Choices www.nhs.uk



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Business partners John Klavas and Ian Duckworth run their business as part of the successful Cookerburra Oven Cleaning franchise.

Being part of a franchise allows us to provide a local service to both domestic and commercial customers whilst having the reassuring support from a national network, it also allows us to guarantee our customers receive the highest level of service.

What we do

Many of our customers have never had their oven professionally cleaned before and are understandably unsure as to what to expect. We offer an unrivalled service that will transform your oven, range or AGA back to near showroom condition in around 2 hours.

When we visit your home we will ensure we take great care to protect your floors and work surfaces before removing the oven doors and stripping the oven of all removable parts. These are then transferred to our van and a heated tank of our own brand solutions to soak whilst we tackle the inside of the oven.

We will leave no mess in your kitchen and the solutions we use have been specifically developed to leave no smell. Once cleaning

is complete we will reassemble your oven and tidy your kitchen before presenting the finished job to you.

Why choose Cookerburra?

- 1) We are the longest established professional oven cleaning service in the UK
- 2) We have 20 years' experience providing services to both domestic and commercial customers
- 3) Our highly skilled and experienced technicians are able to clean any make and model of oven
- 4) Our technicians are also able to clean a wide variety of other appliances such as microwaves, canopies, extractors and even barbeques
- 5) We guarantee our results
- 6) 100% of customers surveyed would recommend us to family and friends

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Musician in tune with home turf

Folk-rockers Fairport Convention have put their rustic corner of North Oxfordshire on the musical map.

Their annual Cropredy Festival brings tens of thousands of fans to the fields outside Banbury every summer, while regular local gigs keep the band's profile high in their adopted home county. But while a steady stream of past and present members have settled in the Banburyshire 'folk-rock belt', one Fairport stalwart has special claim to local fame.

Joining the band in 1996, Chris Leslie is a relatively recent addition to the line-up. He is also a true local, being brought up in Banbury and now living in nearby Adderbury.

"You could say I am a real local," he says cheerfully, speaking from his home.

Next month the band continue their traditional winter tour with a set at St John the Evangelist Church, in Liffley Road, Oxford.

"It's nice to be playing in Oxford again," says Chris. "I'll be on my home turf. I don't know about the Londoners and Brummies in the band but, for me, the closer to home I play, the better, because

By Tim Hughes

more people who know me will turn up.

"It's nice but a little nerve-racking too as I always want to play a good gig for my friends in the audience."

A multi-instrumentalist, Chris was invited to join the band to replace Martin Allcock.

Despite being a fiddler by trade, with a qualification in violin making, Fairport already possessed a violinist, in the shape of Ric Sanders, so Chris had to branch out.

"I'm a fiddler, whereas Ric is a violinist," he says. "The difference is in how you play the instrument. A classical violinist draws stuff out through the bow, but I push things out.

"But I also dabble with lots of other things and have taken on as many wide-ranging instrumental duties as I can so I play bouzouki, mandolin, whistle, banjo and I sing.

"When I see an instrument, I can't help but pick it up and delve into what it can do. Sometimes a new instrument will lead you in a different way and inspire new things to happen. It's like entering new territory."

By way of example, he cites the

gift of a Portuguese guitar (six courses of strings with a 'butterfly' array of tuners) and a nine-stringed Norwegian Hardanger fiddle. Both now feature in the Fairport repertoire.

Formed by Simon Nicol, Ashley Hutchings and Richard Thompson in 1967, Fairport Convention took its name from Nicol's family home in North London. Their blending of electric rock with traditional English folk was groundbreaking and went on to influence many other musicians. Their fourth album, 1969's *Liege & Lief*, is regarded as the first major British folk-rock record, and one of the most influential albums of all time.

The band are inextricably linked to their Cropredy Festival – which started in 1979 as a farewell concert. Far from being their swan song, the event, like the band, has continued to flourish and now attracts 20,000 people over three days.

Being a fan of the band before being asked to join, Chris admits to feeling the weight of the group's history on his shoulders. He says: "I've been in the band for 17 years. Most bands have come and gone in that time, but in terms of Fairport's history, it's quite a short time.

"I knew them as friends before and used to be part of lots of peripheral things around the band, but never thought it would happen."

He has also become one of the band's songwriters, though says, modestly: "I see myself as a musician who writes songs rather than a songwriter. It doesn't occupy every moment of my life."

He adds: "This line-up has continued since 1998 though, and is the most stable in the band's history, and it works very well. Fairport is a wonderful band to be in. What I like is its fantastic back catalogue. If you ask 100 people who like the band what their favourite songs are, you'll get 100 different answers.

"We are looking at music for the next studio album. It's always exciting – and hopefully we'll get some of the new songs into the set."

And, he said, he can't wait to get on the road for the band's 31-date winter tour: "We go up as far as Edinburgh, down as far as Exeter and out as far as Llandudno.

"I like going out and seeing the audience. Fairport has always been a touring band and it's a lovely thing to do. It's a musician's reason for being."

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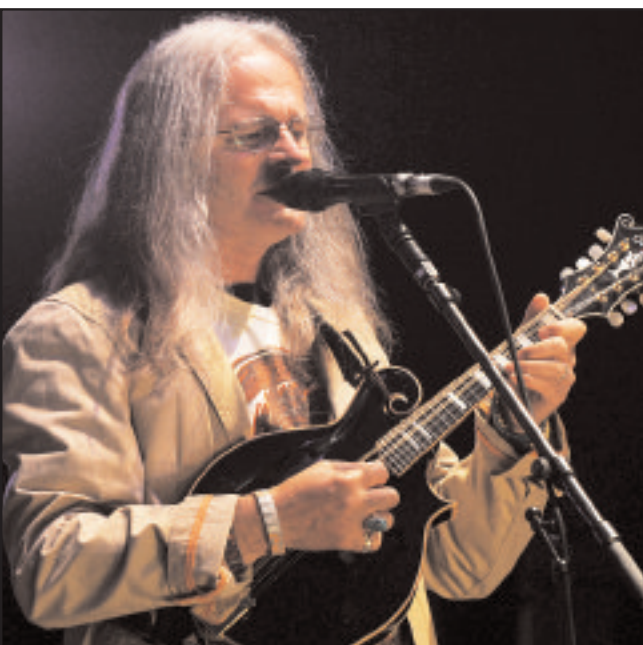
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Chris Leslie, a resident of Adderbury

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LET'S GO OUT Caring, honest and reliable Witney female, 36, enjoys being a mum, looking for a relationship and nights out at the pub with friends, would like to meet a like-minded gent, for a long term relationship. Call 0905 005 2359 and enter box number 154933 or send a text to 80360

GOOD COMPANIONSHIP Happy-go-lucky Devizes female, 41, good sense of humour, looking for a reliable, caring man, for a long term relationship. Call 0905 005 2359 and enter box number 136646 or send a text to 80360

STRIKE FAST Bubbly, blonde, blue-eyed Devizes woman, 43, 5'6", enjoys listening to music, country walks and more, searching for a nice and genuine guy, to share car-nights and the future. Call 0905 005 2359 and enter box number 155233 or send a text to 80360

GENUINE PARTNER WANTED! Sincere, loyal, Christian Banbury female, 45, searching for a loving, kind-hearted and honest man, for friendship initially and hopefully a romantic relationship in the future. Call 0905 005 2359 and enter box number 154128 or send a text to 80360

SPARKS FLYING Fun, curvy, green-eyed Wiltshire brunette, 46, looking for genuine, loving guy, to share some caring times and future happiness. Call 0905 005 2359 and enter box number 852093 or send a text to 80360

WALK IN THE PARK Sensitive, friendly and selfless Abingdon-On-Thames female, 46, searching for a spirited, warm male, for friendship and a fresh start in life. Call 0905 005 2359 and enter box number 159088 or send a text to 80360

IT COULD BE US Spiritual, genuine Didcot woman, 47, attractive, fun, have grown up children, likes clubs, cafes, music, films, walking and reading, seeking a caring and optimistic man, for friendship first. Call 0905 005 2359 and enter box number 173828 or send a text to 80360

A GENUINE DESCRIPTION Laid-back Swindon female, 47, still looking for my Mr Right, to share and enjoy life with. Call 0905 005 2359 and enter box number 126129 or send a text to 80360

QUALITY TIMES Sunny, loving, divorced, loyal Swindon girl, 47, 5'3", average-build, likes restaurants, walks, travelling, looking to find a faithful, endearing male, for love and an honest future together. Call 0905 005 2359 and enter box number 138116 or send a text to 80360

I CAN MAKE YOU SMILE Sensitive, loving Abingdon female, 50, brunette hair, good sense of humour, enjoys dancing, music, current affairs, seeking a similar male, to enjoy life with. Call 0905 005 2359 and enter box number 141600 or send a text to 80360

ANYTHING GOES Sensitive, straightforward Wiltshire female, 50, seeking an inventive, laid-back male, for happiness, love and laughter. Call 0905 005 2359 and enter box number 137863 or send a text to 80360

START AFRESH Friendly, kind-hearted, curvaceous Faringdon woman, 50, 5'7", enjoys entertaining for family and friends, looking for a life-loving, honest male, for friendship and a fresh start in life. Call 0905 005 2359 and enter box number 147608 or send a text to 80360

START LIVING AGAIN Friendly, fun Oxfordshire divorced mum, 52, 5'7", grown up children, looking for love again and someone to share life with. Is the right man out there for me? Call 0905 005 2359 and enter box number 798804 or send a text to 80360

LISTEN TO YOUR HEART Happy go lucky Warmminster female, 65, looking for a nice kind and reliable man to share good times together and more. Call 0905 005 2359 and enter box number 120544 or send a text to 80360

JUST WANT TO BE HAPPY Easygoing, honest and caring Bicester female, 55, would like to meet a tall, genuine, kind and loving male, for a long term relationship. Call 0905 005 2359 and enter box number 156609 or send a text to 80360

LADY SEEKS GENT Outgoing, friendly, fit Bradford-On-Avon lady, 55, likes animals, walks, travel, seeking a similar male, for company and companionship. Call 0905 005 2359 and enter box number 161075 or send a text to 80360

I'LL TREAT YOU RIGHT Sincere Swindon woman, 55, GSOH, fun personality, loves nights out, socialising and music, seeks a friendly bloke, to share lots of good times and more. Call 0905 005 2359 and enter box number 104377 or send a text to 80360

SHALL WE DANCE? Blonde, blue-eyed Swindon girl, 57, friendly nature, well-travelled and loyal, lover of life, searching for an active, educated man, who appreciates, food, wine and life in general. Call 0905 005 2359 and enter box number 110895 or send a text to 80360

LET'S FIND EACH OTHER Down-to-earth, loving, black Wolverhampton female, 57, 5'4", seeking a nice man, with GSOH, to enjoy each others interests, travel together and more. Call 0905 005 2359 and enter box number 148802 or send a text to 80360

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MEANINGFUL TIMES Active, outgoing Trowbridge female, 58, loves cinema, seaside, travelling and animals, would like to meet a man for company leading to a possible relationship. Call 0905 005 2359 and enter box number 117215 or send a text to 80360

NEED THAT SOMEONE SPECIAL Intelligent, attractive, well dressed, 60, widow, enjoys keeping active and swimming, looking for a kind, intelligent, active male, for friendship, possibly more. Call 0905 005 2359 and enter box number 151752 or send a text to 80360

LOOKING TO SETTLE DOWN Youthful, outgoing, honest Trowbridge woman, 61, 5'6", slim build, brunette, glasses, N/S, enjoys darts, car boot sales, bingo, gardening and more, seeking that special man, to settle down with. Call 0905 005 2359 and enter box number 159284 or send a text to 80360

SEEKING THE RIGHT MAN Separated, attractive Witney female, 61, 5'2", curvy, likes cooking, evenings out and much more, seeks friendly male, to enjoy life with. Call 0905 005 2359 and enter box number 128289 or send a text to 80360

THE LONG TERM Separated, easygoing Oxon female, 61, likes cooking, evenings in/out and much more, seeks friendly male, to enjoy life with. Call 0905 005 2359 and enter box number 100451 or send a text to 80360

LOVE IS FOR SHARING Easygoing, sincere Trowbridge lady, 61, med build, 5'6", GSOH, N/S, enjoys good social life, darts, music, walking & reading, searching for that special guy, N/S and caring for dates & more. Call 0905 005 2359 and enter box number 116161 or send a text to 80360

TELL ME ABOUT YOU Caring, considerate male, 28, enjoys sport, music, quiet nights in, drinks out, country walks, would like to meet a similar lady for friendship, leading to a lasting romance. Call 0905 005 2359 and enter box number 153050 or send a text to 80360

KIND, CARING & HONEST Sincere, honest, well-travelled Oxford male, 25, would like to meet that special woman, to settle down with and share a happy future. Call 0905 005 2359 and enter box number 157991 or send a text to 80360

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NEVER A LOST MOMENT Kind-hearted, perceptive and dependable Swindon woman, 64, likes the countryside, theatre and country music, would like a date with a sensitive, caring male, for friendship and maybe more. Call 0905 005 2359 and enter box number 158615 or send a text to 80360

LET'S BE HAPPY TOGETHER Sociable, witty Oxford lady, 66, would like to meet that special man, for companionship, a lasting friendship and see where it leads to from there. Call 0905 005 2359 and enter box number 158099 or send a text to 80360

DO IT TOGETHER Down-to-earth, retired Bicester lady, 67, enjoys car boot sales, bingo, eating out and generally always up for a laugh, would like to meet a kind, caring gent, for friendship and maybe more. Call 0905 005 2359 and enter box number 158321 or send a text to 80360

LET'S BE HAPPY TOGETHER Straight forward, kind and sincere Swindon woman, 67, N/S, likes music and current affairs, would like to meet a man, age 67-77, for fun, friendship and hopefully more. Call 0905 005 2359 and enter box number 155949 or send a text to 80360

BE MY GOAL Lonely lady, 60, 5'7", simply the best, kind, loving & caring, likes antiques, car boot sales & eating out, seeks male for friendship & relationship. Bicester. Call 0905 005 2359 and enter box number 940563 or send a text to 80360

WALK OF LIFE Self-assured, strong-minded and motivated Banbury girl, 71, just looking to meet a friendly, trustworthy male, for a special and lasting relationship. Call 0905 005 2359 and enter box number 156046 or send a text to 80360

COMPLETE THE PICTURE Attractive, honest Swindon lady, 75, 5'5", loves cinema, theatre, national travel, walks, would like to meet a tall, non-smoking gent, under 70 with a GSOH. Call 0905 005 2359 and enter box number 140415 or send a text to 80360

HONEST COMPANY SOUGHT Kind, caring Oxford female, 79, likes country drive, pub lunches, fishing, seeking a tall man, with a good sense of humour, to share life with. Call 0905 005 2359 and enter box number 140415 or send a text to 80360

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CARING & CONSIDERATE Kind-hearted, active Oxford man, 37, enjoys staying fit, playing sports and fine dining with friends and family, would like to meet a similar female, for companionship and love. Call 0905 005 2359 and enter box number 147290 or send a text to 80360

TIME TO SHARE Lively Oxford male, 40, 5'10", med build, enjoys motorbikes, clubs, cinema, meals and more, searching for a loving woman, to share friendship and more. Call 0905 005 2359 and enter box number 117999 or send a text to 80360

EASY TO LOVE Easy-going gent, 41, GSOH, enjoys travelling, music, looking for my life long partner. Call 0905 005 2359 and enter box number 152843 or send a text to 80360

STILL SEARCHING FOR YOU Easygoing, kind Oxford male, 46, medium build, likes eating out, walks, nights out and the cinema, would like to meet a slim lady, age 40-50, for love and romance. Call 0905 005 2359 and enter box number 157537 or send a text to 80360

HOPE SPRINGS ETERNAL Kind, caring, down-to-earth Thame male, 47, enjoys music, country walks, cooking, reading, films, seeking a kind, sincere, slim female, 25+. Call 0905 005 2359 and enter box number 137427 or send a text to 80360

COME CLOSER Active, kind-hearted and upbeat Oxford bloke, 47, 6'3", looking to find an insightful, liberal woman, for fun and maybe a little romance. Call 0905 005 2359 and enter box number 130080 or send a text to 80360

HOPE TO FIND LOVE Caring, honest Oxford male, 52, non smoker, likes DIY, gardening, walking, keeping fit, seeks caring, honest female, for lasting love and a happy future. Call 0905 005 2359 and enter box number 154616 or send a text to 80360

TIME FOR A CHANGE Friendly, expressive and vibrant Kidlington male, 52, with plenty of interests in life, would like to meet a life-loving, interesting lady, to share love, laughter and the future together. Call 0905 005 2359 and enter box number 114479 or send a text to 80360

EYE TO EYE Nice gent, 53, enjoys history, coastal walks, architecture, walking, cosy nights in, cooking, DIY, would like to meet a lady for companionship. Call 0905 005 2359 and enter box number 152776 or send a text to 80360

ALL TO LOVE Kind and caring Oxfordshire male, 53, brown hair, green eyes, GSOH, searching for a first, genuine girl, for friendship first, then maybe more. Call 0905 005 2359 and enter box number 461279 or send a text to 80360

THE START OF SOMETHING NEW? Mature Oxford man, 55, 5'8", green eyes, N/S, likes music, walking and keeping fit, GSOH, would like to meet a nice, bright lady, for fun times and see where that leads to. Call 0905 005 2359 and enter box number 158142 or send a text to 80360

TAKE CHARGE Bright, humorous and optimistic Banbury man, 56, would like a date with a chatty, active woman, for good times and great company. Call 0905 005 2359 and enter box number 132836 or send a text to 80360

MAKE A DATE Young-at-heart, blue-eyed Wallingford man, 57, GSOH, enjoys dancing, would like to meet a friendly lady, to get to know each other and see where that leads to. Call 0905 005 2359 and enter box number 159203 or send a text to 80360

SHARING GOOD TIMES Upbeat Burford widower, 59, own cars, works full time, likes days in and out, countryside walks, driving, looking for a similar woman for companionship. Call 0905 005 2359 and enter box number 117916 or send a text to 80360

COME ALIVE Sociable, adventurous and optimistic Banbury male, 59, 6'3", brown hair, average build, seeking an adaptable, self-confident lady, for friendship and maybe more. Call 0905 005 2359 and enter box number 160696 or send a text to 80360

ACCEPT EACH OTHER Easygoing Wantage male, 52, own car, works full-time, likes most sports, would like to meet an outgoing female, for good times leading to more. Call 0905 005 2359 and enter box number 135164 or send a text to 80360

HOPING TO FIND LOVE Caring, honest Oxford male, 51, 5'7", brown hair, own flat, likes socialising, cooking, nights in, seeks nice young lady for friendship leading to more. Call 0905 005 2359 and enter box number 121027 or send a text to 80360

LOVE TO HAVE A LAUGH Hardworking Oxford male, 51, 5'7", brown hair, own flat, likes socialising, cooking, nights in, seeks nice young lady for friendship leading to more. Call 0905 005 2359 and enter box number 121027 or send a text to 80360

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YOUNG AT HEART? Genuine, honest, self-employed Oxford male, 47, 5'9", own home and car, likes the seaside and country walks, would like to meet a youthful, slim lady, age 55-65, to share a happy future with. Call 0905 005 2359 and enter box number 157106 or send a text to 80360

FUN AND ADVENTURE Professional, caring male, 47, 5'9", N/S, own home and car, enjoys days out to the seaside, seeking young-at-heart, honest lady, to spend quality time with. Call 0905 005 2359 and enter box number 146399 or send a text to 80360

LOTS TO GIVE Easygoing, reliable, loyal Bicester male, 48, 5'7", divorcee, varied interests and enjoys the outdoor life, looking for someone, to share life with. Call 0905 005 2359 and enter box number 143400 or send a text to 80360

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PASSION FLOWER Youthful, friendly Oxford chap, 60, 5'9", dark hair, enjoys cinema, bowling, active days out and socialising, searching for a loving, happy and loyal woman, to build a lasting relationship with. Call 0905 005 2359 and enter box number 101122 or send a text to 80360

FUN AND LAUGHTER Honest, sensitive and decent Oxford man, 60, would like to find a warm-hearted, genuine, caring woman, to share laughter and enjoy life with. Call 0905 005 2359 and enter box number 145981 or send a text to 80360

KEEPING WITH THE TIMES Happy go lucky, blue-eyed Banbury man, 60, 5'6", slim build, likes gardening, cinema, meals out, travel, country side and 60s music, seeks genuine lady, for friendship maybe more. Call 0905 005 2359 and enter box number 156014 or send a text to 80360

LONG LASTING HAPPINESS Solvent, retired business gent, North Oxfordshire, 67, own home and car etc, with a love of cinema, travel and new adventure, seeks a nice, loyal, feminine lady, for companionship then who knows? Call 0905 005 2359 and enter box number 132140 or send a text to 80360

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A story of chains that could link to an Oscar

12 YEARS A SLAVE (15, 134 mins)
Drama. Chiwetel Ejiofor, Lupita Nyong'o, Michael Fassbender, Sarah Paulson, Benedict Cumberbatch, Paul Dano, Paul Giamatti, Brad Pitt, Kelsey Scott, Quvenzhané Wallis, Cameron Zeigler, Scoot McNairy, Taran Killam. Director: Steve McQueen.

As a contemporary visual artist, Steve McQueen ploughed his own furrow. He collected the coveted Turner Prize in 1999, ahead of bookie's favourite Tracey Emin, for three pieces including a video work *Deadpan* in which he recreated the falling house stunt from the Buster Keaton silent film *Steamboat Bill Jr.*

In 2006, McQueen responded powerfully to the war in Iraq by representing the portraits of fallen British soldiers as a sheet of stamps entitled *Queen And Country*.

When he made the transition to feature-length films, McQueen was equally uncompromising. His bravura debut *Hunger* recounted the story of Bobby Sands (Michael Fassbender) through the eyes of fellow Irish Republican prisoners while his incendiary 2011 follow-up, *Shame*, dealt candidly with sex addiction.

For his third feature, McQueen considers the slave trade from the perspective of a free black man, who was kidnapped in 1841 and suffered 12 years of abuse on the plantations of Louisiana before he was reunited with his loving family.

Based on the autobiography of the same name by Solomon

Northup and adapted for the screen by John Ridley, *12 Years A Slave* is a masterpiece that sears into the retina with every artfully composed frame.

Solomon (Chiwetel Ejiofor) lives with his wife Anne (Kelsey Scott), daughter Margaret (Quvenzhané Wallis) and son Alonzo (Cameron Zeigler). An encounter with two seemingly respectable gentlemen – Messrs Brown (Scoot McNairy) and Hamilton (Taran Killam) – changes Solomon's life forever.

He wakes up in chains and learns he has been sold into slavery.

Theophilus Freeman (Paul Giamatti) takes delivery of Solomon and ignores pleas for leniency, snarling, "My sentimentality stretches the length of a coin".

Solomon's first master, Ford (Benedict Cumberbatch), is kind but fate delivers the lead character to sadistic Edwin Epps (Michael Fassbender). Epps takes a shine to one of the slave girls, Patsy (Lupita Nyong'o), to the chagrin of his unfeeling wife (Sarah Paulson).

Solomon is caught in the crossfire, finding a means to orchestrate escape with the help of an abolitionist called Bass (Brad Pitt), who also believes that "slavery is an evil that should befall none".

12 Years A Slave is the deserved frontrunner for Best Picture at this year's Oscars and it would be impossible to deny McQueen's film an entire mantelpiece of gold statuettes.

Ejiofor breaks our hearts as an honest, decent man, who retains his humanity in the face of



Chiwetel Ejiofor is pictured in a scene from *12 Years A Slave*

Picture: PA Photo/Entertainment One

unspeakable cruelty. Nyong'o is equally eye-catching in her big screen debut while Fassbender simmers with rage and self-loathing.

McQueen's directorial brio comes to the fore, memorably in a horrific whipping sequence shot in a single take.

It's not a film that demands repeat viewings – like a sledgehammer to the solar plexus, once is enough. But McQueen's sensitive yet unflinching portrait of suffering will stay with us forever.

CakeWhat's on

Music

SATURDAY: The Banbury Cross, 7 Butchers Row, Banbury:
DogHouse. Join DogHouse for a rockin' evening at this terrific live music pub. Don't forget your dancing shoes! 9pm. 01295 279014.

Theatre

The Mill Theatre, Spiceball Park, Banbury:
Jan 10-19, *Aladdin*. Side-splitting comedy, stunning sets, beautiful costumes and a fantastic cast. Packed with all the traditional panto ingredients, this is a magic carpet ride you won't want to miss! Tue-Thu 10.30am, 1pm, Fri 1.30pm, Fri-Sat 7.30pm, Sat-Sun 2.30pm. £10, concession 38, family (4) £32.
Box office: 01295 279002.

The Theatre, Spring Street, Chipping Norton:
Unit! Jan 12 *Jack and the Giant*. The season for panto is here. A boy and his cow, a giant and his castle in the clouds, beanstalks, bravery and beautiful princesses –

all feature in our unique twist on this classic story. £5-25 (varies according to date, concessions for under-16s, over-60s and benefit claimants).

Box office: 01608 642350.

New Theatre, George Street, Oxford:

Jan 9-10, *Three Steps to Heaven*. Music 'n' roll concert featuring the rock of The Big 'O', Elvis and Buddy. Thu 7.30pm, Fri 5.30pm and 8.30pm. £28.90 + trans fee.
Jan 11, *Winter Dance Party*. Featuring the music of Buddy Holly and the Crickets, the Big Bopper, Ritchie Valens, Dion and the Belmonts. 2.30 and 7.30pm. £28.90 with transaction fee.
Box office: 0844 871 3020.

Oxford Playhouse, Beaumont Street, Oxford:

Until Jan 12, the Playhouse pantomime, *Robin Hood*, written and directed by Peter Duncan. Expect non-stop thrills and spills as Robin, Marian and The Merry Men battle the evil Sheriff of Nottingham in a classic tale to delight the family. Favourite characters, sing-along tunes,

dancing, slapstick silliness and chances to join in. Tickets £14 to £24.50 depending on dates, group discounts.

Box office: 01865 305305.

Events

SATURDAY: Free Craft Morning:
Florence Park Community Centre, Cornwallis Road, Oxford. Bring anything you enjoy doing and join in. There will be people on hand to teach basic knitting/crochet for beginners, decoupage, decorating glass ramekins in vintage effect paper to prepare for an upcoming 1930s tea dance. 10am-2pm. 07864 028591.

Stargazing Oxford: Denys Wilkinson Building, Department of Physics, University of Oxford, Keble Road, Oxford. Find out about the night sky, new planets, galaxies far and near, weather in space and more. Activities for everyone (whatever the weather here on the earth!). The Department of Physics opens its doors – come and explore! 2pm-10pm.

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A charity pledge Laying off the drink

By Sam McGregor

AS MANY people start the New Year with resolutions, some are going teetotal for the first month of 2014.

Mariana Morris has signed up to do a sponsored 'Dryathlon' for Cancer Research UK.

Ms Morris, 30, took part last year and said she felt so much better for it she is doing it again.

She hopes to rope in 25 colleagues to swap Tia Maria for tea to raise money for Cancer Research.

Ms Morris said: "I thought I probably drank too much and anything which would encourage me to reduce the amount was worth trying."

Dryathletes pledged to stop drinking for a month and get sponsored to do so or donate money they would have spent on alcohol to Cancer Research. Oxfordshire County Council leader Ian Hudspeth is also getting "on the wagon".

Dryathletes can register as individuals or set up a



Mariana Morris, front, with, rear from left, Jo Lankester, Ed Lucas, Ben Foxall and Holly Davis OX64211

team and get their friends, family and colleagues involved to motivate each other along the way.

A spokesman for the Royal College of Physicians said: "Not consuming alcohol for a month could help you lose weight, save money, and sleep better, and hopefully those taking part in Dry January will drink less frequently throughout the rest of the year. "Alcohol can be safe in small amounts if we allow

our bodies time to recover.

"We recommend a safe alcohol consumption limit of between 0-21 units a week for men and 0-14 units a week for women, provided the total amount is not drunk in one or two bouts, and that there are two to three alcohol-free days a week.

"At these levels, most individuals are unlikely to come to harm."

InBRIEF

Teenager tells of 'gunpoint' robbery

■ A man who was robbed in Banbury believes his attacker may have been holding a gun. The 19-year-old was walking through People's Park at about 12.30am on Sunday, December 29 when he was approached by a teenager holding what he believed may have been a firearm. The youth threatened him and he handed over a quantity of cash. The offender was described as male, aged 14 to 16 and had a local accent. His face was covered. The other male who was watching was of a similar age and of a large build. Anyone with any information about the incident can contact PC Hewitt on 101.

A helping hand

■ PEOPLE over 60 in North Oxfordshire struggling to carry out small repairs can get help from a Cherwell District Council team. They can change tap washers, put up pictures, fit security items, along with other things. The service costs £15 for the first hour. Staff do not take on jobs of more than two hours. Details: 0844 833 0310 or view cherwell.gov.uk

Outbuilding raid

■ A BURGLAR forced open an outbuilding in Bucknell to steal propane bottles and bird-scaring equipment. The break-in happened overnight on Friday, December 27. Police have asked anyone with information to call 101.

STARS with Claire Petulengro

Service provided by IMS Leeds LS1 8LB. Calls cost 60p per minute at all times

ARIES Mar 21-Apr 19

You have your naughty head on and if someone tells you not to do something, then chances are you will just go out and try to do it on purpose. You want to push the boundaries, but just make sure you know how far is too far to push a loved one or you could end up lonely and confused. New work contacts take you further afield and give your career the boost it needs. Ring now for a broader view.

0906 585 4360

LIBRA Sep 23-Oct 22

Now that you've told your family and friends part of what is going on in your life, they want to know more and what you won't tell them, they're going to fill in on their own. To be truthful Libra, it would be more helpful if you admitted what you want. The support you'll get from one source in particular is sure to pleasantly surprise you. Ring now to hear how Venus gives you the power to seduce.

0906 585 4366

TAURUS Apr 20-May 20

You have more confidence in who you are and where you're going and you should try to move forward with your head held high, as you'll see with each step that you're supported and loved. Cancelled plans in business are a blessing in disguise, so don't knock them. Wear red for luck in financial matters, especially midweek. Ring now so I can tell you more.

0906 585 4361

SCORPIO Oct 23-Nov 21

You're concentrating more on your close ones this week and how you can better shape your private life to keep everyone happy. This is of course, not an easy task to complete, but is one which can be done more easily if you admitted the change you want in your career. Travelling for work pays dividends from Wednesday. Ring now to hear which sign is a bad influence on your future.

0906 585 4367

GEMINI May 21-Jun 20

You're finding it incredibly difficult to balance your personal life with your work commitments at the moment. If only you'd think of sharing your load, then you'd see the difference you're seeking. My friend. Plans for holidays and trips away don't have to be as expensive as others say, so don't rule them out. Ring now to hear how you're entering your most exciting phase for six months.

0906 585 4362

SAGITTARIUS Nov 22-Dec 21

It's proving harder than ever not to spend but try to keep your eyes on the future and not just the present when making financial outlays. You'll soon find reason to keep your hands in your pocket. Investing money into your career is a good thing but one which can be aided by others if you go to the top and not your first point of call. Ring me now to hear how Mercury gives you the gift of the gab.

0906 585 4368

CANCER Jun 21-Jul 22

If you're willing to go out of your way for those you care for this week, then you will do the same for you. News of a birth or pregnancy brings surprise and makes you rethink your opinion of a certain sign. Venus makes you over-emotional this weekend when you'll find it far too easy to accuse close ones of things they haven't done. Careful! Phone me for a way through this week.

0906 585 4363

CAPRICORN Dec 22-Jan 19

The majority of you Capricorns have the pick of the bunch in relationships, but beware of playing off one attraction against another or you could get your fingers severely burnt. New projects in business prove expensive but worthwhile, especially if they involve a lot of paperwork and meetings around Thursday. Ring now to hear who's keeping a secret from you.

0906 585 4369

LEO Jul 23-Aug 22

Many of the signs are talking for the sake of it, so be careful not to act on what is likely to be purely hearsay. Family and friends all have an opinion on what they think you should be doing, but rely on you know what and who would truly make you happy, so ensure you take your own advice, especially in 'that' relationship issue. Ring now to get back in touch with 'you' again.

0906 585 4364

AQUARIUS Jan 20-Feb 18

Some difficult aspects have made it easy for you to feel like the victim lately, but it's the very faces you think are against you who actually want to offer you a lifeline this week. Listen, don't speak, and you'll find out who wants to make an apology. You don't have to accept it, but it will sure feel good to hear it. Ring now to hear why this is an excellent time for tests and exams.

0906 585 4370

VIRGO Aug 23-Sep 22

Will leaving financial worries sort them out any quicker? I don't think so Virgo, but I do know that this week the other signs are more open to communicating with you about money. Write down what you need to sort out. Making a list will help you come out of this week in control of both professional and personal issues. Ring now to hear why it's worth re-reading texts.

0906 585 4365

PISCES Feb 19-Mar 20

Last week, your hand was forced. This week you get back some power. If you can bide your time and let all of the options be shown to you then you'll end up with the upper hand and the outcome you want. Ring now to hear who's worth giving a second chance to.

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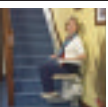
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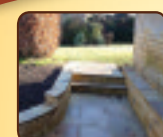
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CakeMotoring

Cayman blends power and poise

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By David Duffy

Hand anyone a pencil and paper and ask them to sketch a Porsche and I can bet you a tenner what they will draw.

A luxury four-door saloon, or a spacious, practical two-tonne off-roader? No. It will be a sleek two-seater with styling so sharp it could make you bleed just looking at it.

I can fully understand why the German carmaker has felt it necessary to diversify from its racetrack roots — indeed the Cayenne 4x4 was its worldwide best-seller in October — but its forte remains the lightweight, head-turning and outrageously powerful coupé.

That in a nutshell is the mid-engined Cayman. And it is that potent engine that beats at the heart of this stunning-looking sports car.

The six-cylinder boxer engine pours 275 horsepower into the rear wheels, rocketing the car from a standing start to 62mph (100km/h) in 5.7 seconds, when the car is fitted with a standard six-speed manual gearbox. Fit the optional seven-speed automatic gearbox and combine that with the racy-sounding Sport Chrono package, as fitted to the test car, and that sprint time is sliced down to 5.4 seconds.

All this pure performance is one thing, but it is how that raw power is

delivered that makes the Cayman a real joy.

Solid, unruffled and totally controllable, the Cayman might pack an awesome punch, but it never feels anything except perfectly balanced.

The Cayman has a new chassis and significantly lower weight compared to the previous model, which translates to a cut in fuel consumption of up to 15 per cent, compared to the previous model.

Having said that, this is not a car that enjoys life in the city. A 3.9-mile cross-city crawl from West Oxford through to the north of the city in the laughingly-named rush-hour saw fuel consumption rise to 13.3mpg.

But forget congested city roads, this is a car which lives for life on the open road, and the twistier and more complex the curves the better.

The new Cayman is up to 30kg lighter, depending on the specific model and equipment, and in addi-



GOOD LOOKER: The Cayman embodies the best of Porsche

tion, the body is 40 per cent stiffer, which further enhances the sportiness of the car in bends. Consumption also recovers remarkably, with more than 35mpg a day-to-day reality.

The sculpted edges, longer wheelbase, broader track and lower body height combine to make the Cayman look as good as it performs.

Typical of the styling is the shoulder line, which runs from the wings — which flare strongly upwards — towards the rear side panels, with door mirrors placed near the top shoulder. With sharp looks and even sharper styling, the Cayman embodies everything that is best about Porsche.

Auto facts

Model: Porsche Cayman
Price: £41,616
Insurance group: 42 (1-50)
Fuel consumption (Combined): 36.7mpg
Top speed: 164mph
Length: 438cm/172.4in
Width: 180.1cm/71in
Luggage capacity: 5.3 cu ft (front)/ 9.1 cu ft (rear)
Fuel tank capacity: 14 gallons/64 litres
CO2 emissions: 180g/km
Warranty: 3 years/unlimited mileage

Classiccarnews

Display of rally cars opens historic season

THE 2014 Historic Rally Car Register is to celebrate its 30th anniversary with a display of classic rally cars representing each of its 30 years at the Heritage Motor Centre at Gaydon on Saturday.

The event is the season opener for enthusiasts of historic rallying, one of the fastest growing motorsports in the UK.

Members and non-members are welcome to display their pre-1984 rally cars which can be viewed in the outdoor display arena and in the main show halls. Visitors will also have the opportunity of meeting

organisers, club shop & specialist suppliers and organising clubs.

The HRCR Championship will also launch their 2014 season and organisers of the various championship events will be in attendance.

Scenic tour organisers will also be on hand to promote their events. In addition many rallying personalities from the 1950s-1980s will be attending.

The event will also see the HRCR launch their 30th Birthday Rally. The Historic Endurance Rallying Organisation and Classic Rally Association have

taken spaces as well as other commercial specialist suppliers to the Historic Rally movement.

John Bishop, of the Heritage Motor Centre, said: "We are delighted to be celebrating the 30th anniversary of the HRCR which is a momentous milestone.

"For those interested in classic rallying this nostalgic event will be a great day out and a fantastic opportunity to see so many pre-1984 rally cars on display."

To find out more information visit the website at www.heritage-motor-centre.co.uk

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Wheelsanddeals

■ **FRESH** from its world debut at the Cowley plant where it will be built, the new third-generation Mini has made its Asian debut at the Tokyo Motor Show. Both the modern Mini, and the original Issigonis Mini before it, are extremely popular in Japan. The new Mini will initially be available in Cooper, Cooper D and Cooper S forms with new engines. The new Mini goes on sale in the UK in the spring, with prices starting at £15,300 for the Cooper, £16,450 for the Cooper D and £18,650 for the Cooper S.

■ **JAGUAR'S** stunning new F-Type coupé will cost from £51,235 when it goes on sale in the UK in the spring. The hard-top version of a car that has already taken the motoring world by storm will add a second model variant to the line-up, aimed not just at owners of the Porsche Cayman and 911, but the previous Jaguar XK. The entry-level F-Type coupé costs £7,000 less than the equivalent convertible.

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2002 02	VOLKSWAGEN GOLF 1.6 AUTOMATIC.	Silver. 5 door. Local car. Very tidy condition. Aircon. Remote central locking. Electric windows. Electric door mirrors. Radio/CD. Good service records. Sold with a new MOT a full service and a new cambelt. HPI Clear.	£2,395
2001 51	NISSAN ALMERA 1.8 SE.	3 door. Black. Local car. Approximately ONLY 39000 recorded miles. Full service history. Exceptional condition. PAS. Electric windows. Radiot. Remote central locking. Sold with a new MOT a full service and a new cambelt. HPI clear.	£2,095
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